

Summer 2016

# Summer Splash

*Opens  
June 18*

HENRY MOSES AQUATIC CENTER



NATIONALLY ACCREDITED AGENCY

CITY OF  
**Renton**  
Community Services



# HENRY MOSES AQUATIC CENTER

## 2016 Summer Schedule June 18–September 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am–8:00am		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:05am–11:30am		Group & Private Swim Lessons	Group & Private Swim Lessons	Group & Private Swim Lessons	Group & Private Swim Lessons	Staff Training (9am–11:30am)	Private Swim Lessons
		Water Walking	Water Walking	Water Walking	Water Walking	Water Walking (8:00am–10:00am)	
10:00am–11:30am	Lap Swim						Lap Swim
	Water Walking						Water Walking
	Half Pint Splash-n-Play						Half Pint Splash-n-Play
12:00pm–3:30pm*	Open Swim Session #1	Open Swim Session #1	Open Swim Session #1	Open Swim Session #1	Open Swim Session #1	Open Swim Session #1	Open Swim Session #1
4:00pm–7:30pm*	Open Swim Session #2	Open Swim Session #2	Open Swim Session #2	Open Swim Session #2	Open Swim Session #2	Open Swim Session #2	Open Swim Session #2
7:45pm–8:45pm		Lap Swim		Lap Swim			
		Group & Private Swim Lessons	Group & Private Swim Lessons	Group & Private Swim Lessons	Group & Private Swim Lessons		
		Water Walking	Water Walking	Water Walking	Water Walking		
			Water Aerobics	Zumba	Water Aerobics		
8:00pm–10:00pm	Private Rentals					Private Rentals	Private Rentals

\*Ticket sales for open swim sessions begin 3 hours prior to start of each session, 9am for open session #1 and 1pm for open session #2

### Holiday Schedule:

On July 4 and September 5 the pool will follow the weekend schedule, excluding Half Pint Splash-n-Play and swim lessons.





## General Admission Fees

**OPEN SESSION 1: 12:00pm–3:30pm**

**OPEN SESSION 2: 4:00pm–7:30pm**

Under 1 ..... FREE

Ages 1 to 4 ..... \$4R / \$8NR

Ages 5 and Up ..... \$8R / \$14NR

Lap Swim/Water Walking ..... \$3R / \$4.50NR

Lockers available for \$.25 each

Ticket sales for open swims begin 3 hours prior to start of session, 9am for open session #1 and 1pm for open session #2. **The maximum general admissions per guest is 25.**

**No refunds for unused tickets—  
all sales are final.**



## GROUP RATES

Group Rates are for groups of 10 or more. Group tickets are available online at [Rentonwa.gov/cybersignup](http://Rentonwa.gov/cybersignup) or in person at the Renton Community Center. Groups must have at least one supervising adult per ten children. Group supervisors must actively supervise the group. Everyone entering the facility will be charged. All ages (including children under 1) are included in the total number of admissions.

Reservations must be made at least one business day in advance of your booking date, and are on a first come first served basis.

For more information please call 425-430-6700.

\$10 per Resident / \$16 per Non-Resident

## SEASON PASS FEES

Under 1 ..... FREE

Ages 1 and Up ..... \$60R / \$120NR

Lap Swim/Water Walking ..... \$37R / \$55NR

Season passes are offered on an individual basis and are non-refundable and non-transferable. Season Pass Holders are guaranteed admission through the Season Pass Gate, within the first hour of session start, up to fire code capacity. One guest per passcard holder who is present is guaranteed admission at the general admission rate. **Sales tax will be added onto Season Pass fees.** Visit [Rentonwa.gov/CyberSignup](http://Rentonwa.gov/CyberSignup) to purchase.

### Resident (R) Discount Rate

The City of Renton recognizes people living within Renton's city limits and their support through city taxes. Because of this, the City of Renton offers those living inside the city limits a discount on programs and facility rental fees.

Addresses within the greater Renton area do not accurately indicate whether or not a household and/or business is located within Renton city limits or unincorporated King County.

If your address conforms to the examples below, you live inside the Renton City limits:

- Have a four digit or less house number and a one or two digit street address. (For example, 1234 SE 4th Street, Renton).
- Have a four digit or less house number and a street name. (For example, 1234 Main Avenue S., Renton).
- Have a five digit house number and were annexed by the City of Renton after August 25, 2006.

## Rental Information

### PRIVATE PARTY RENTALS

Looking for a unique spot to host a special event? With pool lighting, the facility is available Friday, Saturday, and Sunday evenings from 8 to 10pm Maximum of 500 guests.

Cost is \$1,500 + Tax, contact Brandi Burke at [bburke@rentonwa.gov](mailto:bburke@rentonwa.gov) or 425-430-6712.

### PARTY TENT RENTALS

Reserve a nice shaded area for your small group. Reservations may be made online or in person at the Renton Community Center. Party size includes all guests, regardless of age. **Sales tax will be added onto all rental prices.**

**Party Tent #1** (10 x 20) . . . . \$300R / \$450NR

(Includes 25 Guests)

**Party Tent #2** (10 x 10) . . . . \$200R / \$290NR

(Includes 15 Guests)

### Life Jacket Loaner Program

**FREE!** Water safety is our utmost concern at the Henry Moses Aquatic Center, Gene Coulon Memorial Beach Park, Gene Coulon Beach Boat Launch and Kennydale Beach Park. Life Jackets are available to check out for FREE while swimming at each location, while lifeguards are on duty. Children will need an adult to accompany them to check out the life jackets. To inquire about life jackets please ask the lifeguards that are on duty.



# Junior Lifeguard Day Camp

Introduction to water safety and rescue in a fun and challenging environment!

**Ages 11 to 15.** This dynamic, inclusive summer program provides participants of all abilities with an introduction to water safety/rescue, first aid, and CPR. Children will receive the skills needed to get them started on their journey to become a fully certified American Red Cross Lifeguard. All participants will receive certificate of completion recognizing their accomplishment at the end of each session.

**Pre-requisites:** Participants must be 11 to 15 years of age, demonstrate that they can tread water, and pass a 25-yard swim test on the first day of each session.

**Uniform Note:** All participants will be required to pay a onetime uniform fee at the time of initial registration (in addition to the weekly registration fee), the fee is \$45 and covers shorts, a junior lifeguard tee and Junior Lifeguard Sweatshirt. Female participants will need to bring a one piece swimsuit to wear in the water. Participants are encouraged to bring multiple towels, sunscreen, sun protection, and a set of sweats for cold days.

There is one snack break during the morning and afternoon, so please pack a healthy snack and drink. Participants are responsible for providing their own lunch and snacks.

**Student drop off: 8:30–9:00am**

**Student pick up: 4:30–5:00pm**

June 27–July 1 • Henry Moses Aquatic Ctr • 57142  
July 11–15 • Gene Coulon Memorial Park • 57143  
July 25–29 • Henry Moses Aquatic Center • 57144  
August 8–12 • Gene Coulon Memorial Park • 57145  
August 22–26 • Henry Moses Aquatic Ctr • 57146

**Weekly Camp Fees \$115R / \$135NR**

Space is limited. Registration available online at [Rentonwa.gov/CyberSignup](http://Rentonwa.gov/CyberSignup), in person, or by calling 425-430-6700, opt 8.

## Aquatic Center Programs

### LAP SWIM

**Ages 16 and up.** Lap swims offer an opportunity for excellent zero-impact exercise as you swim the length of our 25-yard heated outdoor lap pool. Swimmers of all abilities (slow, medium, and fast) are encouraged to swim, however please be comfortable swimming in deep water and be able to complete a full length before stopping. See daily schedule for lap swim times.

**Use your season pass, or drop-in for \$3R / \$4.50NR (only during lap swim times)**

### LAZY RIVER WATER WALKING

**Ages 16 and up.** Great self-guided therapy that uses mild river current and water resistance to maximize your low impact exercise regimen. Aqua shoes recommended. See daily schedule for water walking times.

**Use your season pass, or drop-in for \$3R / \$4.50NR (only during water walking times)**

### AQUA ZUMBA®

**Ages 16 and up.** Known as the Zumba® ‘Pool Party,’ the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Aqua shoes are recommended.

57134	Wed	July 6–July 27
57135	Wed	Aug 3–Aug 24
7:45–8:45pm	Longfellow	\$31R / \$37NR

### WATER AEROBICS

Low to high impact aerobic movements offering three different sessions that are designed incrementally from shallow/no equipment to deeper water using a variety of equipment.

**SESSION 1** Chest deep water.

June 21–July 7 57131 \$30R / \$36NR

**SESSION 2** Chest deep water, option to add equipment to increase intensity.

July 12–Aug 4 57132 \$40R / \$48NR

**SESSION 3** Transition to deeper water in this session using flotation belts. Choose your depth! Various equipment will be offered. Low impact class designed to target your core. Build on skills used in Session 1 and 2!

Aug 9–25	57133	\$30R / \$36NR
7:45–8:45pm	Tue/Thur	Berquist

### HALF-PINT SPLASH AND PLAY

**Ages 6 months to 3 years old.** Your half-pint will be ecstatic in this unstructured playtime designed for parents and tots, to enjoy exclusive use of the designated shallow water area. Lifeguards will be on duty, but adults must remain within an arm’s length of children at all times. Maximum of 2 children per adult (16 and up). No refunds due to weather. Please leave toys and flotation devices at home. Only US Coast Guard approved life jackets may be used. This is not a drop-in program. SWIM DIAPERS ARE REQUIRED. Preregistration is required and only registered children will be allowed in the facility.

57136	Sat	June 25–July 23
57137	Sun	June 26–July 24
57138	Sat	July 30–Aug 20
57139	Sun	July 31–Aug 21
10:00–11:30am		\$28R / \$34NR

## YOUTH TRIATHLON

**DASH, BIKE AND SPLASH! Sunday • September 4 • 9–11am**

**Ages 4 to 13. NEW EVENT!** It’s time for the kids to show us how it’s done at the new City of Renton youth triathlon and water safety event. Kids will dash (run) 400m, then bike 800m around the Renton Community Center campus then they will swim a lap in the Henry Moses Aquatic Center pool and end with a splash after they take a ride down one of the waterslides. All participants will receive a shirt and medal to commemorate the race. After the race everyone in the family will get a chance to participate in a few water safety stations at the waterpark before enjoying a one hour open swim for all. Water Safety and open swim included in registration for participant, additional family members will pay \$3/person to participate in waterpark activities. **\$25R / \$32NR • Registration code: 57375**

**JR. GUARD**



# SPECIAL EVENTS



## KCLS AT THE POOL!

**Monday, June 27, 8-11am**

1719 SE Maple Valley Hwy, Renton, WA 98057

**Family program, all ages welcome.** Drop by to find out about free children's programs happening this summer throughout the City of Renton and tour a Library2Go! vehicle. **A special children's concert We All Play in Our Own Way featuring Eli Rosenblatt is scheduled at 10am in front of HMAc.** Bring the whole family for a toe-tapping time!

**KCLS activities are free, but DO NOT include the use of the Henry Moses Aquatic Center.** In cooperation with the City of Renton. Sponsored by the Friends of Renton Libraries & the Friends of Fairwood Library.

## MIGHTY MITES SWIM MEET

**Sat, August 27  
8:30-11:30am**

**Ages 3 to 12.** Join the FUN and let your swim lesson kids show off the skills they learned this summer in the second annual Mighty Mites Swim Meet!! This is a fun swim 'competition' for the kids that are enrolled in the City of Renton swim lesson program. This event is set up swim meet style in which all participants will get to pick three events to swim in throughout Henry Moses Aquatic Center.

**Ages 3-5** 25 Yard Dash, Life Jacket Swim, Treasure Hunt, Speed Slide and Noodle Race

**Ages 6-12** 50 Yard Dash, Treasure Hunt, Speed Slide, Noodle Race and Lazy River Swim

Each participant will receive a certificate of completion and a ribbon. Register today, space is limited.

**57163 Sat 8:30-11:30am August 27 \$15R / \$18NR**

## Kennydale & Gene Coulon Memorial Beach Park Swimming Beaches

The City of Renton Community Services Department offers **guarded swim beaches** at both of the above sites 12:00pm-8:00pm daily, June 20 to Labor Day. Day camps, day cares and large groups should contact Brandi Burke at [bburke@rentonwa.gov](mailto:bburke@rentonwa.gov) or call 425-430-6700 prior to their arrival.

## IVAR'S FAMILY FUN & FILMS! 2016

See full line up of films on page 4 of What's Happening Activities Guide

Join us inside the Henry Moses Aquatic Center for two movies shown on the large screen, which is viewable from the water.

### MINIONS FRIDAY, JULY 29

Gates Open 8:00pm • Movie @ Dusk



Seafood Bar  
*Ivar's*

### THE GOONIES FRIDAY, AUGUST 12

Gates Open 8:00pm • Movie @ Dusk



Ticket sales begin at 7:00pm on the day of each movie. Each entrance is \$5.00. Entry to facility begins at 8:00pm.

**In the event of inclement weather,** call the Renton Recreation Division inclement weather line at 425-430-6719. Cancellation decision will be made at 5:00pm. Movie titles subject to change without notice. Check our movie content at [kidsinmind.com](http://kidsinmind.com).

## POOCH PLUNGE SATURDAY SEPT 9 & 10

Bring your dog to the Henry Moses Aquatic Center for the Pooch Plunge! Rain or shine, the dogs will frolic in the lap and wave pool and float the lazy river.

### Friday, September 9th

57432 Fri 4:00pm-5:00pm \$10  
57433 Fri 5:00pm-6:00pm \$10

### Saturday, September 10th

57164 Sat 9:00am-10:00am \$10  
57165 Sat 10:00am-11:00am \$10  
57166 Sat 11:00am-12:00pm \$10  
57167 Sat 12:00pm-1:00pm \$10  
57168 Sat 1:00pm-2:00pm \$10



# SWIM LESSON INFORMATION

## Registration Information

SESSION	DATES	LESSONS	COST		REGISTRATION OPENS
			Resident	Non-Res.	
Session 1	June 27–July 7	7	\$49	\$63	5/18
Session 2	July 11–21	8	\$56	\$72	7/7
Session 3	July 25–August 4	8	\$56	\$72	7/30
Session 4	August 8–18	8	\$56	\$72	8/4
M/W Evening Session 1	June 27–July 20	8	\$49	\$63	5/18
M/W Evening Session 2	August 3–26	7	\$56	\$72	7/21
Tue/Th Evening Session 1	June 28–July 21	8	\$56	\$72	5/18
Tue/Th Evening Session 2	July 26–Aug 18	8	\$56	\$72	7/21

## LESSON CLASS TIMES

**Location:** Henry Moses Aquatic Center

### Morning Lessons

Monday–Thursday: 8:05am–11:30am  
classes are all 30 minutes in length.

### Evening Lessons

Monday/Wednesday &  
Tuesday/Thursday: 7:45pm–8:45pm  
classes are all 30 minutes in length.

### Private Lessons Available

Please see swim lesson coordinator for more info. Private Lesson Request forms available at [Rentonwa.gov/swimlessons](http://Rentonwa.gov/swimlessons). We will begin scheduling private lessons June 20, 2016.

## LUNCH TIME LESSON PROGRAM

**Location:** Gene Coulon Memorial Beach Park

**FREE!**

Grab your suit and join us at the beach for a 30 minute swim lesson in the lake! Open for all ages and taught by certified swim instructors. Program is free, however registration is required. Register online at [Rentonwa.gov/CyberSignup](http://Rentonwa.gov/CyberSignup), in person or by calling 425-430-6700, option 8.

## NOTE TO PARENTS

Students must reach the minimum age by the end of the session for which they have enrolled. Select a class on the conservative side of the student's skills. It is preferable that the students succeed in the appropriate class rather than struggle in one that is far too difficult. Our trained staff will be happy to assist you. Students often repeat a swim lesson level in order to master the required skills.





# Swim Lessons Levels

## STARFISH

**Ages 9 months–3 years with parent.** Class limit: 10 students. Learn basic techniques and games to help students enjoy the water safely and comfortably.

## SEA OTTER

**Ages 3–5 years without parent. Students, without parents, adjust to the water and learn swimming skills in a small instructional group.**

**Sea Otter 1:** Students learn fundamental skills for safety and comfort in the water as they progress toward independent floating and kicking. *Class limit: 4 students.*

**Sea Otter 2:** Students utilize fundamental skills to perform independent progression through the water. *Class limit: 4 students.*

**Sea Otter 3:** Students build on previous skills to progress to stroke readiness and greater distances. *Class limit: 4 students.*

**Sea Otter 4:** Students develop basic strokes for distance and efficiency, using increased drills. *Class limit: 4 students.*

**Sea Otter 5:** Students refine strokes for increased distances and develop more advanced skills. *Class limit: 4 students.*

## ORCA

**Ages 6–12 years. Students work on skills from water adjustment to advanced techniques.**

**Orca Prep:** Reluctant students adjust to the pool setting and gain the confidence needed to undertake basic skills. *Class limit: 5 students.*

**Orca 1:** Beginning students enjoy the water safely and comfortably while learning basic skills. *Class limit: 5 students.*

**Orca 2:** Students use basic skills for success with independent progression through the water. *Class limit: 6 students.*

**Orca 3:** Students develop increased stroke readiness through guided practice. *Class limit: 6 students.*

**Orca 4:** Students develop confidence in stroke techniques and improve other aquatic skills. *Class limit: 6 students.*

**Orca 5:** Students refine and coordinate key strokes. *Class limit: 7 students.*

**Orca 6:** Students polish strokes for ease, efficiency, power, and smoothness over greater distances. *Class limit: 7 students.*

## PRIVATE LESSONS

- Private lessons allow for 30 minutes of one on one instruction. This is a great option for that kiddo that needs a little extra help in one area, getting ready for the next level, is hesitant to get in the water or for those with special needs.
- Cost is \$25R and \$30NR per child per lesson
- Please see swim lesson coordinator for more info. Private Lesson Request forms available at [Rentonwa.gov/swimlessons](http://Rentonwa.gov/swimlessons). We will begin scheduling private lessons June 20, 2016

## SEMI-PRIVATE LESSONS

- Semi-Private lessons allow for 30 minutes small group instruction. Class max is two students. This is a great option for those kiddos that need a little extra help in one area, getting ready for the next level, are hesitant to get in the water, or for those with special needs.
- Cost is \$20R and \$24NR per child per lesson
- To schedule a semi-private swim lesson please call the Henry Moses Aquatic Center and contact the swim lesson manager.

**Need More Information?** Detailed skill listings are available online at [Rentonwa.gov](http://Rentonwa.gov), at the Renton Community Center and the Henry Moses Aquatic Center.



## Facility Rules

### AQUATIC CENTER RULES... THE TOP TEN LIST

- Everyone who enters the facility must pay the appropriate fee. Proof of Renton residency is required to receive the resident discount.
- Participants must be wearing their wristband at all times. They may exit and re-enter the facility using the wristband for re-admission (within the same session only).
- Rain checks will not be issued unless pool is closed due to inclement weather. When it is cold, overcast, rainy and/or windy with attendance less than 25 patrons, the Henry Moses Aquatic Center may not open.
- Small coolers are allowed in the facility. Lawn chairs, glass containers, beach umbrellas, and barbecues are not allowed.
- Water toys are not allowed during open swim sessions. U.S. Coast Guard approved life jackets are the only allowable flotation devices.
- Participants 12 years of age and younger must be supervised by a person 16 years of age or older.
- Participants must be 48 inches tall to ride the big slides or the Lazy River. Those fewer than 48 inches tall may ride the Lazy River if accompanied by an adult.
- Proper swimwear is required. Males must wear a swimsuit with drawstring. Females may wear one or two-piece suits. Suits with buttons, snaps, or rivets are not allowed.
- Participants less than three years of age must wear approved swim diapers.
- Participants must obey lifeguards at all times. Refusal to follow rules could result in expulsion from the facility without refund.

**Additional rules available at the Aquatic Center.**

## THREE WAYS TO REGISTER

### 1. ONLINE

[Rentonwa.gov/CyberSignup](http://Rentonwa.gov/CyberSignup)

Be the first in line, online! View programs and register 24 hours a day.

### 2. IN PERSON

Renton Community Center  
1715 SE Maple Valley Hwy  
Renton, WA 98057

Walk in registration is available during business hours

### 3. PHONE

425-430-6700, Press 8

Visa or MasterCard



City of Renton  
Recreation Division  
1715 SE Maple Valley Highway  
Renton, WA 98057

PRST STD  
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RENTON, WA  
PERMIT NO. 137

## ECRWSS Residential Customer



**BBQ**  
with the  
**Badges!**

SPRAY A  
FIREHOSE

MEET THE  
K9 DOG AND  
OFFICER

CLIMB  
THROUGH A  
SQUAD CAR

TRY ON  
BOTH  
POLICE  
AND FIRE  
FIGHTER  
GEAR

MEET  
SPARKY THE  
FIRE DOG  
AND MORE!

**Tuesday, June 28**  
**11:30am-1:30pm**  
**Ages 10 and under**  
**Renton Comm. Center**



Get out and experience hands on thrills! Your up-close adventure with local heroes is interactive, informative and inspirational.

**A BBQ lunch and special keepsake is included in the registration fee.**

Registration is open until June 21 or until event sells out!  
Space is limited; adults and children need to register.  
No entrance without a wristband.

**\$10R / \$12NR • Registration code: 57186**



# Fitness in the Park





**FREE!**

**Local Parks • 6:00-7:00pm**  
**Select Days**

Family friendly exercise series, for all ages and fitness levels. Getting started is easy. Just pick a class you like and show up!  
**No registration required.**  
Taught by professional instructors.

**TUES, MAY 19**  
**BOOT CAMP**  
Gene Coulon  
Memorial Beach Park,  
North Shelter

**FRI, JUNE 10**  
**CIZE**  
Heritage Park

**TUES, JUNE 21**  
**YOGA**  
Gene Coulon  
Memorial Beach Park,  
North Shelter

**THUR, JULY 14**  
**P90X**  
Thomas Teasdale Park

**WED, JULY 22**  
**BELLY DANCE**  
Heritage Park

**WED, AUG 3**  
**FITNESS SAMPLER**  
Jones Park